Introduction to Spontaneous Orgasm:
How to “Think Off” with Erika Morningstar

Is it possible to think your way to Orgasm without physical stimulation? In this introduction to Spontaneous Orgasm, or “Thinking Off”, participants will explore the neurobiology of orgasm and sexual response and ways in which our bodies can be triggered into orgasm through mental exercises and breathwork. This part of the workshop is experiential, so please wear comfortable clothing and bring a yoga mat, pillow, etc... as we will be on the floor.

- Why your brain is the most erotic sexual center
- How you’re wired for Bliss, Orgasm, and Arousal
- Kundalini Syndrome: Real or psychosomatic?
- Spontaneous Orgasm: Research and exercises
- Group Orgasm and contagious states of Bliss

Erika Morningstar, founder of iShakti Tantra in 2005, has presented workshops at Whole Life Expos, Steps to Awareness, and other conferences throughout North America since 1996. She offers sessions with clients with a focus on healing and transforming our ideas about sexuality and society.

Saturday, May 14, 2011 • 4:45 - 9 pm
Princeville Community Center • $40 - $55
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